

**Amendments to the Specification:**

Please insert the Abstract page into the application as the last page thereof.

**Abstract**

A construction board (1) with an integrated fastening means for mounting the construction board (1) on a construction material (17), such as a stud of wood or metal. The fastening means has a cage (2) arranged into the construction board (1) and a screw arranged into the cage (2). The screw is telescopic and has two parts (3, 4) with the same pitch of the threads. The screw might occupy two positions, one is a dismounted position, into which the first part (4) is telescopically received into the second part (3) when the screw is not extended, and the other position is a mounted position when the screw is extended.